



**KNOCKOUT  
LUNCH  
METRO  
RANKS  
LONDON'S  
BEST  
LUNCH  
SPOTS**  
{page 4}

**YEAR'S WORST?**  
NOT EVEN LEO COULD  
SAVE J. EDGAR,  
OUR CRITIC SAYS {page 11}



LONDON

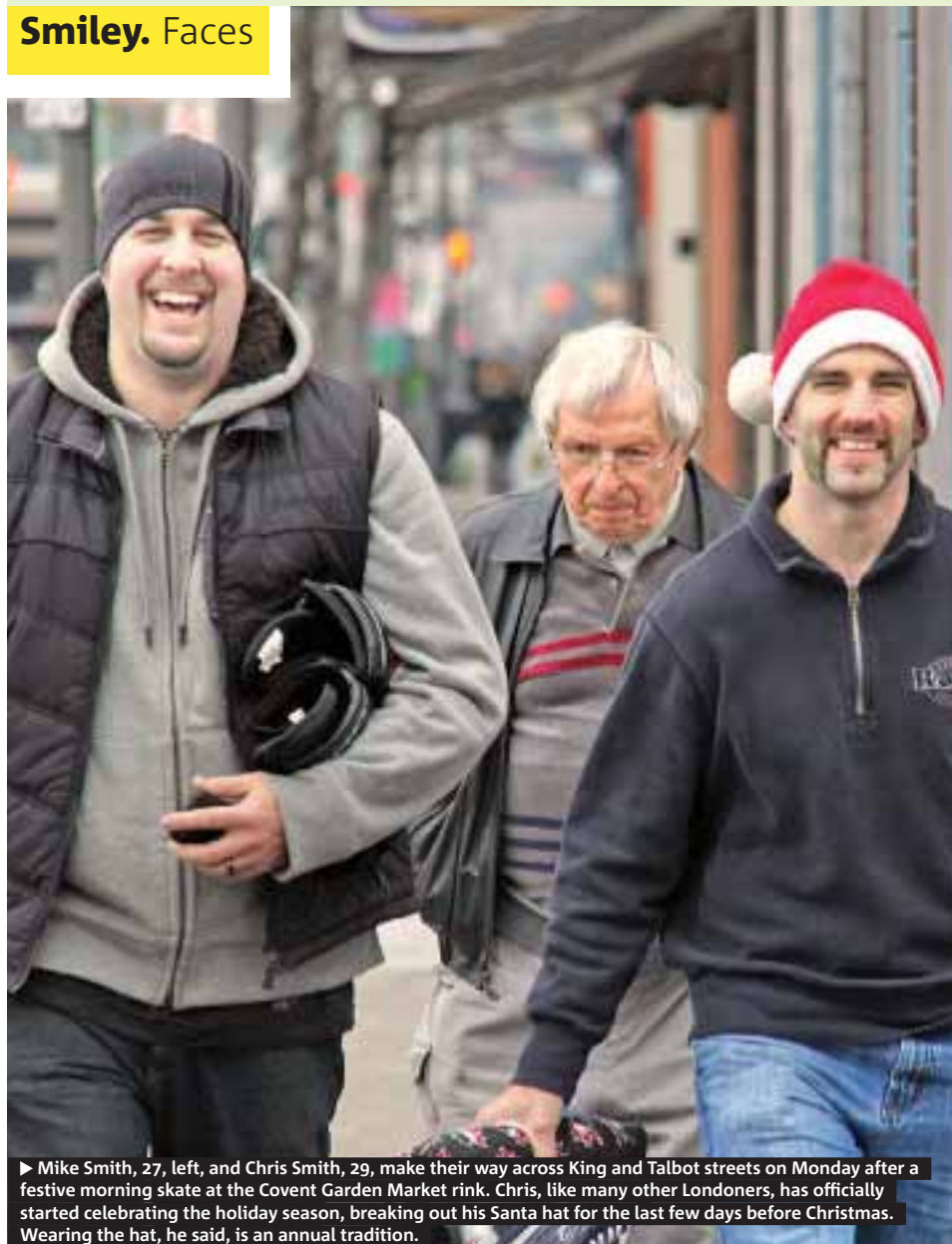
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Tuesday, December 20, 2011  
www.metronews.ca



News worth sharing.

**Smiley.** Faces



► Mike Smith, 27, left, and Chris Smith, 29, make their way across King and Talbot streets on Monday after a festive morning skate at the Covent Garden Market rink. Chris, like many other Londoners, has officially started celebrating the holiday season, breaking out his Santa hat for the last few days before Christmas. Wearing the hat, he said, is an annual tradition.

ANGELA MULLINS/METRO

# Pony up for food bank, group goads businesses

► Founder of local networking league challenges colleagues to do a little good



**ANGELA MULLINS**  
@METRONEWS.CA

"This year, we take our gloves off and slap the other groups across the face," he said. "Next year, we run a duel, so to speak."

Mal Eccles has thrown down the gauntlet. And, given what's at stake, he doesn't care one little bit about losing.

"Go ahead, win the race," said Eccles, a member of The Networkers. "I'm happy to see it happen."

A bit of holiday cheer in his heart, Eccles contacted Metro over the weekend and issued a challenge to other London business-networking groups: Beat The Networkers at their own game and earn bragging rights for a year.

Specifically, Eccles, a London mortgage broker, wants other groups to collect at least \$3,000 worth of food or cash by Friday and donate the haul to the London Food Bank.

Eccles's group, founded in 1996, has been making a holiday donation to the food bank for the past three years. The 30 business professionals have tallied up thousands of dollars over the years.

While Eccles's idea comes at nearly the 11th hour of the Christmas season, he hopes the challenge can become a regular happening in the coming years.

## Food bank logs record number of users

Mal Eccles's challenge to business groups comes as the London Food Bank reports record use. The non-profit helped 3,500 families in November, up from the previous all-time high of about 3,200 families set in June 2009. Before that, the record high was 2,875 families in a month.

Food bank officials expect they'll need all the holiday donations that come through the doors. Demand, they said, doesn't seem to be dipping from November's numbers.

"Right now, in the last three weeks, we've been above normal," said Donna Speller, who works in human resources at the agency. "December will be another high month."

● ANGELA MULLINS

What? Only 12 days of Christmas? Bah!



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## Blunt force led to death, police say

A London man found dead Saturday at 1-466 Adelaide St. N. died of blunt-force trauma, police said Monday.

No new details about the slaying have been released. Police said they were called to the residence about 8:40 p.m. and found Leonard Williams, 44, unresponsive. Walter Katigakyok, 47, of London has been charged with second-degree murder. The investigation is ongoing, police said.

It was London's seventh homicide of the year.

● METRO

## London man charged in Highway 401 crash

Charges have been laid after Monday morning's crash on Highway 401.

Middlesex OPP say it was just after 7 a.m. when two tractor-trailers collided in the westbound lanes between Dorchester Road and Westchester Bourne.

Brian Carter, 50, of London was the driver and only person inside. He was taken to London Health Sciences Centre with non-life-threatening injuries.

Carter faces a count for careless driving.

The 56-year-old Mississauga man who was driving the other truck was not hurt.

Police say the highway was closed for several hours while crews investigated. **AM980/AM980.CA**



► Dave Billingsley, a supervisor with Voyageur transportation, left, and Scott Davis, emergency management specialist at the London Health Sciences Centre, load donated food into a truck on Monday.

Loading up. Truck

ANGELA MULLINS/METRO

## Weighing in on a food drive

Staff at the London Health Sciences Centre set out to collect 7,000 pounds of food for this year's Business Cares Food Drive. The scales tipped at more than 6,500 pounds in the final weigh-in.

# Linking up with Ottawa

► Meeting allows locals to ask questions about getting help from the Hill



ANGELA MULLINS  
@METRONEWS.CA

City councillors used part of a Monday meeting with MPs to ask for help at a large manufacturer.

"We're going to need the federal government to come to the table in some shape or form," Mayor Joe Fontana said, referencing contract talks between Electro-Motive and the Canadian Auto Workers Union.

"It's going to take a package ... (with the) three levels of government trying to come to a solution. Time is not on our side."

The contract, extended

when talks first broke off in May, is set to expire at the end of the year. Some of the plant's 700 workers have expressed concern that Electro-Motive, a locomotive maker owned by U.S.-based Caterpillar, wants to move operations to Indiana.

Caterpillar has proposed cutting wages at the London plant — to \$15 an hour from \$30 — and changing benefits and pensions.

Speaking at Monday's meeting with councillors, MPs Ed Holder, Joe Preston, Susan Truppe and Irene Mathysen said they have met with officials at Electro-Motive. Each said

### At a glance

► **Issues on Monday's agenda:** High-speed rail, federal funding for public transit, economic-development initiatives, housing and policing.

the company made no requests for assistance. If requests are made, they will be met with open ears, the MPs said.

Local, federal and provincial officials are expected to send letters to Electro-Motive stressing how important the company is to the local economy.

"It's not just a loss of those wages (to families),"

Mathysen said about proposed wage cuts. "There's an impact to the broader community."

Much of Monday's meeting took on a similar tone, with Fontana and others talking about economic-development initiatives in the city.

The conversation also ventured into housing and policing, with Fontana saying it's getting more and more difficult for communities to "pick up the tab" on what federal programs are costing communities.

The MPs offered no hard-cut solutions for most of the bigger issues raised Monday. **WITH FILES FROM AM980/AM980.CA**

1  
news



More and more of China's Communist Party members are flouting compulsory atheism, much to the consternation of top officials. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

**These days, the best indicator of how the North American markets will perform is not North American data, says Allan Small, but European data. More at [metronews.ca/investing](http://metronews.ca/investing)**

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# Stepping up to the plate for the top lunch spots

- Metro Lunch Rush columnist sums up his best of the year
- Let us know what your favourite Forest City eats were in 2011

► From left, chef Samantha Cramer, chef Salina Azzolin, executive chef/owner Kevin Greaves and his wife, co-owner Denise Greaves, pose for a photo on Monday inside Jambalaya with a plate of mango chicken. The restaurant at 119 Dundas St. has been chosen the best overall lunch restaurant by Metro's Paul Mitchell.



**PAUL MITCHELL**  
LONDON@METRONEWS.CA

I am lucky to dine out so often, yet it's true that there is no such thing as a free lunch. So many choices, so many calories. Aside from adding a few pounds to my waistline, my adventure into London dining provides an interesting perspective on which restaurants to try and which to avoid.

Using a detailed list of scoring criteria, I have reviewed many lunch places (some published in Metro, some were not) and ranked them on décor and atmosphere, level of service, and taste of food. Price range is always taken into account when calculating my ratings.

Here is a year-end roundup of the highest-ranked lunch spots.

**Best overall lunch restaurant:** Jambalaya Restaurant (jambalayarestaurant.com). Their incredible

cajun/creole food combined with warm, friendly wait staff and a charming ambiance make this surprisingly affordable yet upscale eatery the best in my books.

**Best Asian:** Manna Grill (Korean), 276 Wharncliffe Rd. N.

**Best Greek:** Mythic Grill, 179 Albert St.

**Best Indian:** Raja Fine Indian Cuisine, (rajafinedining.ca/london/home.php)

**Best Italian:** Trichilo's Ristorante (trichilos.ca)

**Best Latin:** True Taco (truetaco.com)

**Best Thai:** Bangkok Pad Thai (bangkokpadthai.com)

**Best barbecue:** Cuzin Orville's Smokehouse

(cuzinorville smokehouse.com)

**Best burger:** The Works (worksburger.com)

**Best chicken:** Rei Dos Leitoes (kingofthepigs.ca)

**Best fish & chips:** International Fish & Chips, 920 Oxford St. E

**Best fries (including poutine):** The Bungalow (bungalowhub.ca)

**Best pizza:** Bondi's Pizza (bondis.ca)

**Best pub food:** Waltzing Weasel (thewaltzingweasel.com)

**Best shawarma:** Barakat Restaurant (barakatrestaurant.com)

**Best steak:** Ché (cherestobar.ca)

**Best sushi:** Kawa Sushi, 226 Piccadilly St.

## Can I get a wing, man?

Lunch options in London offer a great range of cuisines and prices. I do note, however, that we are not faring well in ex-

cellent chicken wings. King West Bar & Grill won the Metro Hottest Wings contest and Wild Wing has an incredible variety, but I am still looking for that definitive "greatest."

● PAUL MITCHELL

## Western Heads East gets \$1M gift

Thanks to a \$1.06-million gift, UWO will expand its Western Heads East program that provides disease-fighting probiotic yogurt to people living with HIV/AIDS in Africa.

Western Heads East helps teach East African mothers — affectionately called Yogurt Mamas — to produce potentially life-saving probiotic yogurt.

Western professor Marianne Larsen, a Western Heads East chair, made the donation.

The Yogurt Mamas will see an immediate upgrade to four existing yogurt kitchens in Tanzania and 16 new kitchens throughout East Africa. This translates into increasing capacity to feed 1,100 people daily liv-

ing with HIV/AIDS over the next 10 years. ● METRO

**"I have been completely inspired by Western Heads East. It's incredible what the Yogurt Mamas have accomplished in their kitchens and the tremendous impact the production of yogurt has had on their lives, and the lives of their families and people, young and old, living with HIV/AIDS."** MARIANNE LARSEN

### NEW TRAIN SERVICE

## Wake up and go GO to T.O.

Commuters in southwestern Ontario now have a new option for getting to Toronto.

GO train service kicked off Monday between Waterloo Region and Toronto.

Initially, the service will see two trains leave the Kitchener station every weekday morning, while two trains will return from Union Station

in the afternoon.

The first train leaves Kitchener at 5:52 a.m., stops in Guelph, then times remain the same between Georgetown and Union Station.

The existing weekday westbound 5:45 p.m. train from Union will now get to Georgetown at 6:46 p.m., Guelph at 7:18 p.m. and Kitchener at 7:42 p.m.

John Milloy, the member of provincial parliament for Kitchener Centre, says the long-term goal is to run trains between the two communities throughout the day, seven days a week.

THE CANADIAN PRESS

### Agree? Disagree?



What are your choices for the best lunch dining London has to offer?

Go to Metro London's Facebook page or tweet us @themetrolondon and let us know your picks.

**Best location and atmosphere:** Mythic Grill (\$\$\$) 179 Albert St.; Church Key (\$\$) (thechurchkey.ca); Billy's Deli (\$) (billysdelirestaurant.ca)

**Best service:** Trichilo's (\$\$\$) (trichilos.ca); Braywick Bistro (\$\$) (braywickbistro.ca); Shmokey Rob n' Sons (\$) 530 Oxford St. W.

**Best food:** Raja Fine Indian (\$\$\$) (rajafinedining.ca); The Works (\$\$) (worksburger.com); True Taco (\$) (truetaco.com)

## LHSC has new way to replace heart valve

London Health Sciences Centre is performing a new method of minimally invasive aortic valve replacement that doesn't require major surgery.

Instead, a catheter is inserted so to gain access to the heart, allowing the aortic valve to be replaced. The benefits are no broken breast bone and a much faster recovery.

The transcatheter valve procedure takes about 90 minutes, compared with four to six hours for open-heart surgery. ● METRO

## Knight says rival uttered racial slur

A London Knights forward has accused an opponent of making a racial remark during Friday's game in London and last Sunday's game in Guelph.

Andreas Athanasiou, 17, says the racial term was said by Guelph Storm defenceman Andrey Pedan, who is Russian.

Athanasiou, who is of Greek descent and has a dark complexion, says he was called a derogatory name for a black person.

Pedan denied using the slur. AM980/AM980.CA



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## News in brief

THE CANADIAN PRESS/THE ASSOCIATED PRESS



► Bob Barker

## Bob Barker foots elephant bill

**PRICE IS RIGHT.** Former game show host Bob Barker will apparently cover the full cost of transporting three elephants from the Toronto Zoo to California.

In a statement, the PAWS organization says Barker will pay an unspecified amount to move Toka, Thika and Iringa to their new home.

THE CANADIAN PRESS

## Parents charged in sibling shooting

**DELORAIN, MAN.** The parents of a five-year-old boy who shot his younger sister on a farm in Manitoba are facing several charges, including criminal negligence and drug possession.

On Nov. 26, police went to a home and found a four-year-old girl had been shot just below the kidney — she has had surgery and is now recovering from her injuries.

THE CANADIAN PRESS

## Lack of snow has cows thirsty

**REGINA.** The SPCA in Saskatchewan is concerned about how a lack of snow is causing a shortage of drinking water for cows this winter as it's not uncommon for cows to go to pasture in winter to eat snow.

THE CANADIAN PRESS

## Curbing health spending

## ► Federal Tories new plan to cut back health-transfer payments leaves some provincial ministers visibly angry

GEOFF HOWE/THE CANADIAN PRESS



► Federal Finance Minister Jim Flaherty, centre, speaks to Bank of Canada Governor Mark Carney prior to a provincial, territorial and federal finance ministers meeting in Victoria on Monday.

There was little Christmas goodwill spirit Monday as a meeting between provincial and territorial finance ministers and their federal counterpart ended in angry words.

Provincial finance ministers said they were astonished after federal Finance Minister Jim Flaherty "imposed" a new plan for how health money will be transferred to the provinces.

Flaherty said health transfers will continue to flow at the same six-per-cent increase rate they have been, but by 2018, the increase will drop to be tied to the rate of nominal GDP, which is the measure of economic growth including inflation.

"It's no present at all," said Ontario Finance Min-

ister Dwight Duncan.

"It's a lump of coal."

Duncan said his colleagues were all shocked at Ottawa's unilateral deci-

sion.

"He put the document in front of us and said this is how it's going to be,"

Flaherty acknowledged

## Transfer details

- Flaherty announced Monday new health spending investments of \$178 billion over five years.
- He said even when transfers drop to be tied to the nominal GDP rate, Ottawa is guaranteeing provinces the funding will never dip below a three-per-cent increase.

there has "obviously" been some concern among provinces.

He said his provincial and territorial counterparts were briefed about Ottawa's plans at a dinner last night.

"We do need to talk about the way forward in terms of being fiscally responsible, not only at the federal level but across the country, all the governments," said Flaherty.

THE CANADIAN PRESS

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## Royals. Red carpet



► Prince William, Duke of Cambridge, Catherine, Duchess of Cambridge, and Prince Harry attend the Sun Military Awards at Imperial War Museum in London on Monday.

ARTHUR EDWARDS/WPA POOL/GETTY IMAGES

## Royals strut their stuff

The awards, run by The Sun newspaper, celebrate the bravery of members of the British armed forces and award those deemed to have served their country with the highest distinction in the past year.

## Russia bans import of seal products: Activists

Animal-welfare activists say Russia has banned importing harp-seal products, which they say threatens the survival of the embattled Canadian sealing industry.

The International Fund for Animal Welfare says it has obtained documents from Russia and the World Trade Organization showing the ban went into effect in August. The group says Russia represents one of the largest buyers of Canadian seal products. The EU introduced its own trade ban in 2009.

The Department of Fisheries and Oceans and the Russian embassy did not return messages seeking comment. THE CANADIAN PRESS

**38K** When the Annual East Coast hunt concluded last spring, federal officials said the season was one of the worst on record with only 38,000 seals slaughtered. That's less than 10 per cent of the allowable catch.





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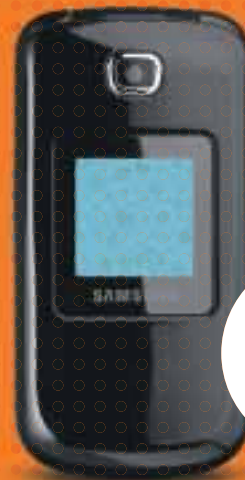


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# North Koreans mourn 'Dear Leader'

► Kim Jong Il died of a heart attack on Saturday ► World waits to see how his power will be transferred

North Koreans marched by the thousands Monday to their capital's landmarks to mourn Kim Jong Il, many crying uncontrollably and flailing their arms in grief over news of their "Dear Leader's" death.

North Korean state media proclaimed his 20-something son Kim Jong Un a "great successor," while a vigilant world watched for any signs of a turbulent transition to the untested leader in an unpredictable nation known to be pursuing nuclear weapons.

South Korea's military went on high alert in the face of the North's 1.2-million-strong armed forces following news of Kim's death after 17 years in power. U.S. President Barack Obama agreed by phone with South Korean President Lee Myung-bak to closely monitor developments.

On the streets of the North Korean capital, Pyongyang, people wailed in

**"How could the heavens be so cruel? Please come back, general. We cannot believe you're gone."**

HONG SON OK,  
GRIEVING KOREAN WOMAN

grief, some kneeling on the ground or bowing repeatedly. Children and adults laid flowers at key memorials.

The death could set back efforts by the United States and others to get Pyongyang to abandon its nuclear-weapons ambitions, because his son — as an untested successor — may seek to avoid any perceived weakness as he moves to consolidate control.

The death comes at a sensitive time for North Korea as it prepares for next year's 100th anniversary of the birth of Kim Il Sung, the country's founder.

THE ASSOCIATED PRESS



► North Korean women cry after learning of the death of their leader Kim Jong Il on Monday, in Pyongyang, North Korea.

## PM calls for end to Korea's 'sad chapter'

Prime Minister Stephen Harper is urging North Korea to work toward promoting both the well-being of its people and stability on the Korean peninsula.

Harper, commenting on the death of North Korean leader Kim Jong Il over the weekend, says he hopes Kim's



passing will bring positive change to the isolated country.

He says Kim will be remembered as the leader of a totalitarian regime who violated the basic rights of

the North Korean people for nearly two decades.

He's urging North Korea to close what he calls a "sad chapter in its history" and to work for peace.

THE CANADIAN PRESS

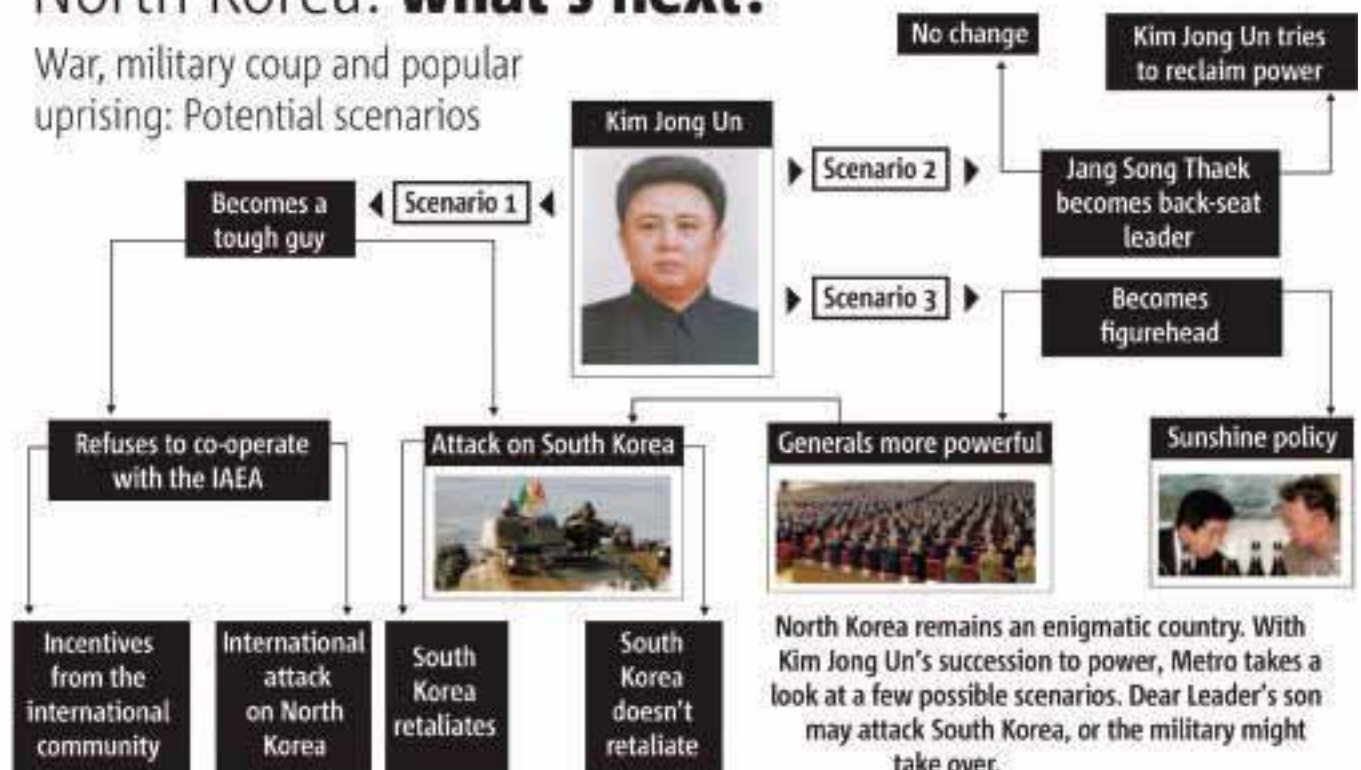
North Korea is no monarchy, of course, but one thing is certain: following the death of Kim Jong Il, his son Kim Jong Un, reportedly 27 or 28 years old, will become the country's leader.

- Kim Jong Il's death didn't come as a surprise for North Korea, and there have been succession plans in place since 2005.
- Kim Jong Un will take over, but he probably won't be the only leader. He may become more of a figurehead, with the National Defense Commission assuming more power than it had under his dad.
- While Kim Jong Un trains for his new job, his uncle Jang Song Thaek is predicted to act as the power behind the regime's face.
- Kim Jong Un may try to show his tough-guy credentials through international aggression.
- North Koreans have reason to rise up against the regime — but it's unlikely they will.

● METRO WORLD NEWS

## North Korea: what's next?

War, military coup and popular uprising: Potential scenarios





# Phone hacking routine: Whistleblower's brother

► Practice was referred to by journalists as 'the dark side' ► Scandal has implicated more British papers

Illegal voicemail interception and cellphone tracking was a matter of routine at both The Sun and the News of the World tabloids, the brother of a whistleblower at the centre of Britain's phone-hacking scandal said Monday.

Stuart Hoare — brother of the late journalist Sean Hoare — told an inquiry into British media ethics that both papers, published by Rupert Murdoch's News International Ltd., broke the law as part of their "daily routine."

"The reality was that phone hacking was endemic within the News International group," Hoare said in a witness statement published on the inquiry's website. "I know this to be the case because Sean and I reg-



► Anti-Murdoch protesters rally in London.

ularly discussed this and there are emails in existence which support Sean's description of a practice referred to during such meetings as 'the dark side.'"

Sean Hoare was the first former News of the World journalist to publicly accuse his former editor Andy Coulson of being at the hub of a culture of wrongdoing

## Market moment

TSX	Dollar
- 95.68 (11,539.7)	- 0.16¢ (96.27¢ US)
OIL	Natural gas
+ 35¢ US (\$93.88 US)	\$3.09¢ US (- 3¢ US)
	Gold
	\$1,597.90 US (- \$1.20 US)

at the paper, an allegation that helped ignite the scandal that forced Murdoch to close the British tabloid.

THE ASSOCIATED PRESS

## Tweet. Investment



► Prince Alwaleed bin Talal bin Abdulaziz Al Saud and his wife, Princess Amira, arrive at The Savoy hotel in London last year.

## Saudi prince buys stake in Twitter

Saudi billionaire Prince Alwaleed bin Talal and his investment firm, Kingdom Holding Co., are pouring \$300 million into Twitter. Alwaleed, a nephew of the Saudi king, has a history of investing in media and technology companies.

## No threat of Christmas strike: Pilots

The Air Canada Pilots Association says travellers do not have to worry about a strike over the busy

Christmas season. The union group issued a statement to that effect. Pilots aren't in a legal strike po-

sition until mid-February, when they face a potential deadline.

THE CANADIAN PRESS

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Dufferin Mall

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Erin Mills Town Centre  
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Fairview Park Mall  
Georgian Mall  
Heritage Place  
Hillcrest Mall  
Lambton Mall  
Lansdowne Place

Lime Ridge Mall  
Lynden Park Mall  
Mapleview Shopping Centre  
Markville Shopping Centre  
Masonville Place  
New Sudbury Centre  
Northgate Shopping Centre  
Oakville Place  
Oshawa Centre

Pen Centre  
Pickering Town Centre  
Scarborough Town Centre  
Seaway Mall  
Sheppard Centre  
Sherway Gardens  
Square One  
Station Mall  
Stone Road Mall

Tecumseh Mall  
The Promenade  
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# YOUR PAST REARS ITS UGLY HEAD ON FACEBOOK

## SHE SAYS ...

JESSICA NAPIER  
METRO



Everybody hates change, especially us over-entitled Facebook users. Whenever the developers at the omnipresent social networking site make even the slightest tweaks, a large percentage of the 800 million active users become a seriously whiny bunch. And while modifications to privacy settings are a completely legitimate concern, you have to wonder if the digital uproar over every little page layout alteration is really all that necessary.

So when Mark (King of the Internet) Zuckerberg announced that Facebook would be overhauling the entire site and introducing its new Timeline feature, all kinds of Internet hell broke loose. The angry masses took to their keyboards to protest about the changes in fuming status updates, ironically using the very medium they're criticizing to complain about it. How very meta right? Somewhere, Marshall McLuhan is smiling.

Once upon a time, Facebook sold itself on connecting people, but the new feature (which finally launched worldwide last week) reveals what the site has really been about all along: vanity.

**"And remember all of those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!"**

More visual and customizable, Timeline lets you play curator in a museum of your own digital history. The scrapbook-like interface means users can upload not one but TWO profile photos, enabling a more two-dimensional form of narcissism. So now you can post that here-I-am-drunk-at-a-bar-throwing-up-offensive-hand-gestures snapshot juxtaposed against a wide-angle photograph

from your trip to Southeast Asia last year. All of which to prove to your friends that you might actually have some substance.

More importantly, Timeline's neatly organized yearly catalogue makes taking a walk down memory lane that much easier. Us early adopters (I've been sharing my own mundane personal details since November 2005), we can't resist the temptation to jump back and forth throughout the years, reliving our not-so-distant past through old conversations and tagged photos.

Remember when you signed all your wall posts with your name at the bottom because it was maybe kind of like an email? How silly. And remember all those lost photos from your fat years that were once buried in ancient albums? Well now they're just a click away!

Yes there's plenty to discover on Facebook in the age of Timeline. But before you publish your digital autobiography, you might want to take a moment to edit those posts from the years before you accepted your mom's friend request. After all, Facebook is the one place where life's most cringe-worthy moments can be deleted for good.

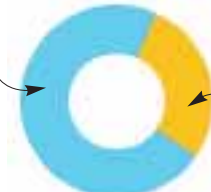
Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Are you ready for the messy, unpredictable and stormy winter that meteorologists are calling for?

72%  
YES, I HAVE  
ADAPTED A  
FROSTY-THE-  
SNOWMAN  
PERSONA TO  
MAKE IT  
THROUGH  
THE SEASON



28%  
NO, LA NINA IS  
JUST HYPE

## Local tweets



- **@KariRennie:** Officially afraid of transport trucks. Why have there been so many accidents lately #ldnont ...
- **@SOOLondonCan:** So appreciative to be living in a community that so strongly supports our #specialolympics athletes. Thanks #ldnont
- **@jadehillier:** yayy i applied to some #colleges lastnight :) #fanshawe and #georgebrown
- **@simon\_bpc:** If anyone is driving down to #UWO the 401 is pretty... Pretty... Pretty clogged approach-
- ing highbury. #sidestreets
- **@Allstarr14:** 2 exams on the same day thanks #UWO.
- **@BryanHough:** This bus smells like old Cheetos #ldnont
- **@seymourdon:** #ldnont loving free parking downtown.
- **@RyanDurgy:** I wanna 'Shhhhhh' the girls who are in the section but one of them is really cute. #badfirstimpression #uwo
- **@NehaC:** if you ever want to find the Real Housewives of #ldnont, just come with me to a 9 am Monday hot yoga sesh. (they say "sesh" too!)

## PHOTO CHALLENGE WINNERS

► The winners of the 2011 Metro Global Photo Challenge have been chosen ► One of this year's winners lives in Montreal

Metro is proud to present the winners of the 2011 Metro Global Photo Challenge. After 162,000 submissions from thousands of photo enthusiasts, Metro readers and a star-studded jury have selected their top four.

The winning entrants each earn a trip worth roughly \$1,300 to any of 100 cities where Metro is published. ● METRO WORLD NEWS

### MOMENTS OF MY LIFE WINNER: THE MAGIC LANE



Metro spoke with music-management student **Pierre-Philippe Kikhouna, 26, who is from Paris but lives in Montreal.**

Tell us about your winning



#### photo.

It was a sunny day in Parisian district Etienne Marcel. Moments before I took this shot, I was thinking to myself how lucky it is for a photo lover to roam the streets of Paris. All of a sudden, I heard children playing, went around the corner, saw the children having fun, got on my knees and quickly shot the photo.

The prize is a trip to any Metro city in the world. Where do you plan to go?

**"This image takes us all back to that childlike freedom when none of us had a care or worry in the world. A delightful reminder of the joys of youth. You can almost hear their cheers!"**

JURY CHAIRMAN NIGEL BARKER

I will probably choose a city in Latin America: Brazil, Mexico or Chile.

What's your secret tip in cap-

turing the perfect picture? For me, there is no such thing as a perfect picture — only a perfect moment and a perfect time. The only tip I can give is don't see but watch.



For a complete list of Metro Global Photo Challenge winners, scan the code.



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# Best and worst of 2011

Before we get carried away with promising new movies of 2012, let's take a moment to remember 2011 in film Here's Metro's picks of the best and worst the year had to offer



## The Best

### 1. Hugo

Whether in 3D or not, Martin Scorsese's tribute to childhood and the early days of cinema dazzles and enchants — thanks in no small part to newcomer Asa Butterfield as the titular orphan keeping the clocks in a Paris train station running.

### 2. Shame

All nudity jokes aside, Michael Fassbender turns in one of the most powerful performances of the year as man feeding his sex addiction while trying to keep the rest of life at arm's length. A bummer of a film, to be sure, but it's a more honest and unflinching look at life than audiences have seen in a long time.

### 3. Beginners

A sweet and crafty film, Mike Mills' semi-autobiographical tale about a man (Ewan McGregor) dealing with his 75-year-old father (Christopher Plummer) coming out of the closet is quite simply a thing of beauty.

### 4. Like Crazy

Fair warning: This film is trying to break your heart — and it succeeds, thanks to frank and risky impro-



► Is Shame one of the best movies of 2011? The story of a sex addict succeeds in its honesty.

vised performances by Felicity Jones and Anton Yelchin as young lovers who make stupid but whole believable decisions for the sake of love. Quietly devastating.

### 5. Weekend

A startling debut from British filmmaker Andrew Haigh that chronicles the meeting and subsequent three-day romance of two men in elegant, true-to-life frankness.

## The Worst

### 1. J. Edgar

There were arguably worse films this year — just check further down this list — but Clint Eastwood's simultaneously too subtle and clumsily loud biopic fails more spectacularly



► J. Edgar's star power couldn't save the clumsy biopic from crashing.

than the rest. Given the Oscar-winning talent involved, the artless melodrama of J. Edgar is particularly startling.

### 2. Waiting for Forever

It's not nice to pick on smaller films, but this indie gem was so egregious it demands mention. Its greatest offence? Playing stalking and mental illness off as cute rom-com behaviour.

### 3. New Year's Eve

A romantic comedy Death Star that can't hide its cynicism, the movie did manage to sneak in Sarah Jessica Parker being introduced by the sound of horse hooves, so it's not a total loss.

### 4. Larry Crowne

A completely tone-deaf and sexless romantic comedy, featuring Tom Hanks and Julia Roberts doing their best approximation of "everyday people" — and showing just how out of touch they are.

### 5. The Twilight Saga: Breaking Dawn — Part 1

Criticizing the Twilight franchise is a futile enterprise, of course, but this latest entry — half a book stretched out far longer than the story can support — brings something new to the series' list of offences: It's unbearably boring. Also, no title should need that much punctuation.

# 2

  
scene

## Scene in brief



Paul McCartney is releasing an album of standards - plus two new songs of his own. The former Beatle announced Monday that his new disc will be out on Feb. 7. It doesn't have a title yet. He's already streaming one song, My Valentine, on his website. McCartney says he and John Lennon were inspired in their own writing by some of the standards. Some of them he first heard when his father performed them at home on piano. Eric Clapton and Stevie Wonder make appearances on the disc, which was recorded with Diana Krall and her band. McCartney says he's been thinking about the project for 20 years and, at age 69, figured "if I don't do it now, I'll never do it."

THE ASSOCIATED PRESS

## Movie reviews

### The Girl With The Dragon Tattoo

Genre: Drama

Director: David Fincher

Stars: Daniel Craig, Rooney Mara, Stellan Skarsgard

PG-13

Sweden and director David Fincher were apparently made for each other. In the English-language version of the Girl with the Dragon Tattoo, Fincher certainly makes the most of his stark locations, with the wintry scenes almost in black and white. The man just knows how to move a



camera, with even pans across quiet hallways and motorcycles zipping around curves a feast for

the eyes.

The real reason to see the film, though, is Rooney Mara as rough-

## Showtimes

► **HYLAND CINEMA:** (18A)

Wed-Thu 12:45-4:30

► **WELLINGTON 8**

**CINEMAS:** (18A) No Passes Tue-Thu

7:30

► **CINEPLEX ODEON WEST-MOUNT & VIP CINEMAS:**

(18A) No Passes Tue 7:10:25 No Passes Wed-Thu 6:30-9:55 No Passes Tue-Thu 8

► **SILVERCITY LONDON:** (18A)

No Passes Tue 7:10:30 No Passes Wed-Thu 11:45-3:15 6:45-10:15

edged computer hacker and ward of the state Lisbeth Salander.

She stalks the frame, hitting both self-assured power and self-doubting vulnerability naturally. Her counterpart, Daniel Craig as disgraced journal-

ist Mikael Blomkvist, impresses as well as a very un-Bond not-so-super sleuth.

When their story lines converge halfway through the film, the chemistry and camaraderie is electric. **— NED EHRBAR**



Jamie Bell says actors' performances lend heart and soul to tech-heavy Tintin

# At least Courtney's house was Pretty on the Inside

► Rocker evicted as owner finds hand-painted walls ruined, among other things

After damaging the decor in her \$27,000 a month New York City townhouse, Courtney Love has been evicted, according to the New York Post.

"I was horrified by what she had done. The walls that had been hand-painted and glazed were ruined, covered in damask wallpaper and ice-blue paint," the owner, Donna Lyon, says of Love, who is reportedly two months behind on rent as well.

And that's after starting a fire in the master bedroom in June.

"I got a call from her accountant, who said, 'Miss Love is fine,' which I was glad to hear," Lyon says. "But I thought, 'What about the house?'"

► Courtney Love



## Ellen moves in to Pitt's home

Brad Pitt didn't have to look far to find a buyer for his Malibu mansion: Ellen

DeGeneres and Portia de Rossi snatched up the \$12-million property with pri-

vate beach access this month, according to Us Weekly.

"It was a quick transaction and Brad's stuff is already out," a source says.

"Ellen and Portia would like to start using the house immediately."

► Ellen DeGeneres



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### Celebrity tweets



Not a great year for tyrants... BinLaden, Gadhafi, now Kim Jong-il



@piersmorgan

@Joan\_Rivers

The recipe for Christmas goose is the same as Hanukkah goose. The difference is we let the housekeeper cook it.

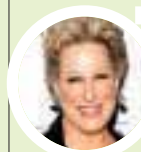


@HowardStern



Can't find a newspaper.

@BetteMidler



Yes many things are horrible, but how about in-grown toenails? Mommmeeeeeee!!!!!!

## He's no Belieber in old Saint Nick

Justin Bieber never believed in Santa Claus.

"My mom always told me there wasn't a Santa," the pop star

tells AOL Music.

"This was her logic: She thought if I grew up knowing about Santa then finding out he wasn't real,

that it would be like she was lying to me. And then when she told me about God, I maybe

wouldn't believe her."

Luckily, it was a tidbit that Bieber was good enough to keep to himself.

"I didn't tell my friends or ruin it for anyone," he says. "I was a good kid."

► Justin Bieber



## LiLo a hot commodity again

For the first time in a long while, Lindsay Lohan has a bona fide hit on her hands.

Retailers are reportedly having trouble keeping copies of her issue of Playboy in stock, according to TMZ.

There also has been a surge of online subscribers to the magazine's website since the release of the troubled actress' naked pictorial. ► METRO

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# Don't fear the feast

► The holidays can do some serious damage to your waistline ► But with some careful plans you can still enjoy the fun without suffering the New Year's hangover ► Read up and dig in



**CELIA MILNE**  
LIFE@METRONews.ca

There are so many temptations at this time of year.

Whether it's the treats that constantly seem to be on offer at work, the huge family dinners, or junk food to accompany a movie, the holidays are famous for luring us into eating and drinking too much.

Eggnog, shortbread, gravy, and plenty of booze — beware.

The good news, according to Kim Arrey, a dietitian and nutrition coach in Montreal, is that, with a little advance planning and careful choosing, you can indulge without too much guilt.

She estimates that the average weight gain during the holidays is three to five pounds.

"When faced with so many opportunities to consume foods that contain more fat, more salt or more sugar, and may be less nutrient dense than usual, many people are overwhelmed. Since many of these goodies are only offered up once a year, the option is clear — eat the goodies."

Arrey recommends you accept that there will be temptations, and choose between them. For example, skip the eggnog but have one dessert, if dessert is your thing.

## Holiday tips

Here are Arrey's tips for navigating the holiday season:

- **Slow down** Enjoy all aspects of your meal — savour the taste and texture of your food and the conversation going on around you.
- **Stay the course** Eat your favourite foods, and drop the ones you eat just because they are there. "Plum pudding only comes around once a year, so if you enjoy it, leave room for it by not eating the mashed potatoes. Why waste calories on foods you do not like?" says Arrey.
- **Snack** Eat a snack between meals. This helps you eat smaller amounts at meals. Try a source of protein, such as nuts or cheese, along with fruit or vegetables and dip.
- **Rule** When putting food on your plate, remember the one-quarter, one-half, one-quarter diagram: Try to fill half of your plate with vegetables and only one-quarter of the plate with grains or potatoes and one-quarter of the plate with meat and alternatives. "Unless they are drowning in butter or sauce, vegetables are a great way to include great taste, nutrients and not too many calories."



► You can still enjoy the seasonal foods and not hurt your waistline.

# 3

life

## Skin-care picks

These body balms are perfect for rejuvenating parched, sullen skin during the colder months.

### L'Occitane Almond firming and beautifying milk veil

Contains micro pearls to pep up your complexion.



### L'OCCITANE

\$33  
loccitane.com

### Biotherm Nutri replenishing body treatment for dry skin

Omega 3, apricot and musk rose oil enriched formula repairs flaky skin.



### BIOOTHERM

\$38  
biotherm.com



MP tables proposal to post warnings, ban use of tanning beds by under-18s

## Best Health Minute



**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

### Spice of the season

The aromas and flavours of spices signal the holiday season — and they're good for you. Our senior editor Margaret Nearing rounded up some of the latest studies for the December issue of Best Health.

#### Nutmeg

It's long been known as an aphrodisiac, though the evidence has largely been anecdotal.

Now scientists at the University of Guelph have reviewed the research showing nutmeg increased sexual activity in animals.

Why not sprinkle a little extra on your eggnog?

#### Cardamom

It's a source of manganese, and a U.S. study

found that women who ate high amounts of manganese each day had fewer PMS symptoms than those who ate the least. Add a generous sprinkle to your morning coffee or tea.

#### Cloves

These are one of the best sources of antioxidants, the compounds that help fight off disease-causing free radicals in our bodies.

Next time you make

rice, add a few cloves to the cooking pot.

#### Cinnamon

A study shows that a whiff of cinnamon, or chewing cinnamon gum, stimulated the cognitive process and improved scores in working memory and visual-motor response speed.

Sprinkle cinnamon on your morning cereal.

#### Ginger

It has long been used to

soothe upset stomachs.

Now, Toronto researchers recommend ginger as a "safe, effective and inexpensive solution" for nausea and vomiting due to pregnancy. (But check with your doctor first.)

Ginger makes a great addition to any rub for roasted meats.

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# Variety is the spice of life — and food options at BlueRice

► 150 Asian food menu items ensure this eatery has something for everyone

## LUNCH RUSH

PAUL MITCHELL

FOOD@METRONEWS.CA



If variety is the spice of life, then BlueRice is as hot as its

kimchi.

With an all-you-can-eat Asian menu of 150 items, there is literally something for everyone at one reasonable price.

The spacious dining room is minimally furnished in a retro-80s fashion that's comfortable.

I choose BlueRice's lunch feature that in-



► Sushi is part of BlueRice's lunch feature.

### BlueRice Sushi & Asian Cuisine

109 Fanshawe Park Rd. E.  
519-660-8228

bluerice.ca

Reservations: No

Licensed: Yes

Quick solo lunch: No

Social lunch: Yes

Client negotiations: Yes

Co-worker lunch: Yes

Price range: \$3.99 - \$14.99

Rating: 4 out of 5

cludes Korean/Chinese/Japanese favourites (by the piece or the dish), drink and dessert for \$13.99.

Eat a lot or a little, but leftover food incurs additional charges.

My pleasing, eclectic meal includes California roll, dumplings, fried rice, shrimp tempura and General Tao Chicken arriving at a steady pace.

The biggest and tastiest surprise is the Spicy Crab

Pizza. Don't think Italian, however. The rich meat is served atop an unexpected rice-cake. Really fun.

BlueRice is not fancy but offers incredible variety and value for a filling and satisfying lunch.

## Cinnamon Bun Bread Pudding



### Preparation:

- 1 Coat a 3 L (9-by-13-inch) baking dish with cooking spray.
- 2 In a blender, combine eggs, cream, 5 ml (1 tsp) of the ground cinnamon and salt; puree until smooth. Set aside.
- 3 Cut each cinnamon bun into 2.5- to 5-cm (1- to 2-inch) chunks. Arrange chunks in even layer in prepared baking dish. Pour egg mix over pieces of cin-

namon buns. As you pour, use fork to press on bun pieces to help them absorb liquid.

- 4 Bake in 180 C (350 F) oven 25 to 30 mins. or until lightly puffed and starting to brown. Let cool 15 to 20 mins. Meanwhile, in a bowl, whisk together icing sugar, water, vanilla and remaining cinnamon. Drizzle bread pudding with glaze, then cut it into 12 squares. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS**

### Ingredients:

- 6 eggs
- 375 ml (1 1/2 cups) 5 % light cream or milk
- 10 ml (2 tsp) cinnamon
- Pinch salt

- 12 large glazed cinnamon buns
- 250 ml (1 cup) icing sugar
- 22 ml (1 1/2 tbsp) water
- 5 ml (1 tsp) vanilla extract

# Stovetop ham frees up oven

► Simmer the meat in a broth that allows the flavours to seep deeper

Cooking a stovetop ham in an infused broth will intensify the flavour in the ham to penetrate right through.

The golden finish is the glaze over top to add a sweet mustardy flavour and a golden colour that

everyone at the table will adore.

### Preparation:

- 1 Using mortar and pestle or resealable bag and meat mallet, combine and lightly crush cloves, fennel, cumin,

coriander.

- 2 In large stock pot heat oil over medium-high. Add seeds, onions and garlic. Cook 5 mins. or until onions begin to brown. Add wine, orange juice, lemon juice, Worcestershire sauce and oregano. Place ham in pot; fill with water to cover.

- 3 Bring to boil, then reduce to a simmer. Cover and simmer for 2 hours.

- 4 Line a baking sheet with foil and place a roasting rack over foil. Remove ham from pot and place on rack.

- 5 Glaze: In bowl, whisk mustard and apple jelly, then brush over surface of ham. Roast in 230 C (450 F) oven 25 mins. or until glaze is bubbly. Let ham rest in a warm place for 20 minutes before slicing.

ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE ASSOCIATED PRESS

### Ingredients:

- 15 ml (1 tbsp) whole cloves
- 5 ml (1 tsp) fennel seeds
- 5 ml (1 tsp) cumin seeds
- 15 ml (1 tbsp) coriander seeds

## Stovetop Ham with Dijon-Apple Glaze



► This ham serves 12.

- 15 ml (1 tbsp) canola oil
- 2 onions, quartered
- 2 cloves garlic, crushed
- 250 ml (1 cup) white wine
- 250 ml (1 cup) orange juice
- 50 ml (1/4 cup) lemon juice
- 50 ml (1/4 cup) Worcestershire sauce
- 30 ml (2 tbsp) dried oregano
- 1 bone-in ham (3.175 to 3.5 kg/7 to 8 lb)
- Glaze
- 125 ml (1/2 cup) Dijon mustard
- 125 ml (1/2 cup) apple jelly







► Make sure your kids display proper manners at the table this Christmas.

## MANNERS TAKE TIME, PRACTICE

### CHARLES THE BUTLER



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MACPHERSON.COM

**What is appropriate to expect from children with regards to table manners and etiquette? Myself, I always taught my children well, but I am appalled at the lack of manners of so many children these days.**

**Sticky for Manners**

Dear Sticky for Manners,  
Well, the world has changed and children's manners aren't what they used to be. One of every

parent's nightmares is taking their children in public and being embarrassed from their lack of social skills. So let's review what is appropriate social behaviour.

Children should be taught manners and social skills from a very young age. As soon as they are able to start to reason and understand verbal language you can start with a simple please and thank you.

Once children start to get older (five to eight), learning table manners becomes important.

Understanding how to correctly use a knife and fork at the table, how to leave the table, drink from a glass, etc.

Now for those parents who think you can do this the night before a family

event, that is where you are going wrong; turning these skills into everyday habits is the objective.

Some of the reasons you need to practice this at the family kitchen table every night are because:

1. You must practice a new skill for 21 days to start a pattern.

2. It takes 100 days for this new pattern to become automatic.

This is why you must begin and practice manners daily at home. Remember, good manners are not just for when you have guests or are entertaining; manners are to be applied everyday amongst family members, friends and work.

**HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

## Guide to peacocking

- Plenty of holiday parties to attend the next few weeks?
- Read on to learn how to become the life of the party

Stressed out about the office Christmas party or your neighbour's drop-in bash for New Year's Eve?

You could send your regrets, or show up and hide in the corner while pretending to text all night.

Or you could go the other way and dazzle the guests with your outfit, wit and charm. Here's a guide to peacocking – or how to be the life of the party.

### DRESS

"Wear something festive: A colourful tie, an interesting pin or fashionable shoes are great conversation starters," said Jacqueline Whitmore, an etiquette expert and author of *Poised For Success*. "People tend to gravitate towards people who stand out or look interesting."

Christie Nightingale, principal of Premier Match, an upscale matchmaking firm, agreed, saying: "Stand out from the crowd by wearing a bright colour, like red or emerald green, not black."

### CONVERSATION

Have a list of easy questions in mind as conversation starters: "How's it going? Who do you know here? How did you get here?"

Jokes can work, but be careful not to offend.

You could also brush up on current events, but be aware that most people would rather chat about

**Brett, 32**  
has 12 friends in common with you.

**Julia, 25**  
might go to Cafe Select, Travertine, Lombardi's or Xicala Wine and Tapas Bar, also likes Restaurants, and has 13 friends in common with you.

**Carrie, 32**  
also likes Bar Scene, and has 83 friends in common with you.

► A new app called **Crowded Room** offers strangers a ready-made introduction when they're in the same vicinity.

**Andrew**

subjects that are "easy and fun instead of getting so serious."

### INTRODUCTIONS AND COMPLIMENTS

"Walk around, get a solid idea of who's in the house and side right up to someone who seems interesting — maybe they're wearing a bright sweater, or a fun hat — and give them a compliment," said Sian-Pierre Regis, founder of the *Swagger*: New York style website. "Then introduce yourself."

### TOASTS

For an office party, "another way to stand out, which takes a lot of practice and preparation, is to offer a very brief, humble toast, thanking your co-workers, colleagues, and the executive team for being great

co-workers, colleagues, team, etc.," said Matt Eventoff, owner of Princeton Public Speaking, which trains executives for public appearances.

At a social gathering in someone's home, a simple toast might thank the hosts for bringing everyone together with good food, drinks and company.

### SMILE

"Give them your Mona Lisa smile," said Suzanne Zazulak Pedro, an executive coach and founder of *The Protocol Praxis*. Not a fake Pan Am stewardess smile, as she put it, but a close-lipped half-smile, "like you have a secret. It will not only make people wonder what you are up to, but it will also help initiate conversations."

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## FA-LA-LA-LA-AAAAHH

## FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONWS.CA



Happy holidays fun and frugal readers!

Have you been avoiding bringing in the mail? Did you stash that dreaded credit card bill in a 'don't look now' drawer? Most Canadian households have wreaked major havoc on their credit cards this holiday season.

Starting now, you need a plan to pay off your credit card debt as fast as possible so as to avoid massive interest charges in the new year.

The best way to deal with holiday credit card debt is to get organized. Figure out who you owe money to, how much and the interest rate. Next, scrounge up an extra \$10 or \$20 per week

and pay a little extra on the highest interest credit and store card bills.

By making extra payments as often as you can, you're tackling the principle portion of the debt more often which translates into less interest being accumulated. If you're stumped on where to find an extra \$20; cut back on cellphone plans or coffees and sell unwanted household items on Kijiji.

If you've got multiple credit card balances you can also save money by consolidating them into a small loan with a fixed term and repayment plan. Though interest rates and payment flexibility are tempting, do not use credit lines as a pseudo-consolidation loan.

A debt-free lifestyle translates into way less stress. So, make it your New Year's resolution to pay off expensive consumer debt as quickly as possible.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONWS.CA

## Beware online fraudsters

## ON MONEY

ALISON GRIFFITHS

MONEY@METRONWS.CA



In this season of joy and giving and shopping who wants to think about getting ripped off?

But in this era of cyber predators we must take as much care with information as you would with your wallet in a place frequented by pickpockets.

The Financial Consumer Agency of Canada (fcac.gc.ca) urges everyone to be a little extra vigilant during the holidays, since we are often rushed and trying to do two things at once.

Justin Hwang, associate vice president of Fraud Management at TD Canada Trust, says that bogus websites can easily snare the

unwary. He notes that website addresses beginning with https:// are usually secure. But if you update your antivirus software regularly you'll be alerted to the phony ones.

With so much shopping going on at this time of year you should also take a glance at your credit card and bank statements more often than normal to catch any unauthorized activity.

When you are short of time it's tempting to hand over your credit or debit card to a child to make certain purchases for you.

Aside from the fact that such use violates your contract with the bank, even the most responsible kids don't necessarily understand the importance of being vigilant about fraud.

But, of course, many youngsters these days have their own debit cards and may be authorized users on a parental card.

Watch them as they use



► Alison's money rule: Fraud is an increasing problem but you can protect yourself with a bit of vigilance.

these cards and coach them about ensuring their card is always close at hand.

They shouldn't put it on the cashier's counter where others in line can see it. And keeping their PIN one giant secret is vital. I recommend kids change their PIN every six months or so.

Have a wonderful and secure holiday.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

## Cyber crooks

Here are a few ways to protect yourself. Be sure to share these tips with your children as they are the fastest growing group of online consumers.

- Don't shop online using public or unsecured wireless Internet.
- Be cautious about sharing too much information on social networking sites.
- Be sure you know a site is secure before entering personal information.
- Use virus or spyware protection software and update it regularly.
- Avoid using the automatic password or personal information log in function on your computer.
- Don't use Wi-Fi hotspots to log into your social networking pages.

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16 CONVENIENT LOCATIONS IN ONTARIO

# LONDON TRANSIT NEWS

## CHRISTMAS AND NEW YEAR'S EVE SERVICE

Christmas Day December 25 (Sunday)	Boxing Day, December 26 (Monday)
For Christmas Day, December 25 the following routes will operate on special schedules:	For December 26, all routes operating on Sunday (except 2 Dundas and 13 Wellington) will operate on regular Sunday/Holiday schedule. Routes 2 Dundas and 13 Wellington will use a special schedule with extra buses.
1 Kipps Lane 2 Dundas 3 Hamilton Rd. 4 Oxford East 6 Richmond 7 Wavell 9C Whitehills 15 Westmount 16 Adelaide 20 Cherryhill 21 Huron Heights	
The following routes will operate on a regular Sunday/Holiday schedules:	
5 Springbank 10 Wonderland 11 Southcrest 12 Wharmcliffe 13 Wellington 14 Highbury 17 Oxford West 26 Jalna	
On December 27 and January 2 all routes will operate on Saturday schedule	
<b>Free New Year's Eve Service After 8 pm</b> London Transit will be offering free rides from 8 pm through 1 am on New Year's Eve. All routes normally operating at 11 pm will be extended to 1 am.	
Separate Christmas and New Year's Eve schedules will be available after December 15 at both LTC locations (main office at 450 Highbury Avenue and downtown Ticket Office at 150 Dundas Street) and online at <a href="http://www.ltcnline.ca">www.ltcnline.ca</a> .	

[www.ltcnline.ca](http://www.ltcnline.ca) 519-453-1347

London Transit wishes you and yours a safe and happy holiday!



## Kings keep it light as they wait for Sutter

Despite being on the verge of getting their third coach in about a week, it's not all doom and gloom around the Los Angeles Kings these days.

In fact, there were plenty of smiles before Monday's 3-2 win against the Maple Leafs in Toronto. Perhaps it was a sign that interim coach John Stevens was successful in his bid to relax his players with an ice cream run following Sunday's skate.

"We had a little challenge at the end of practice and we stopped at the Dairy Queen on the way home and losers had to buy the winners an ice cream of their choice," said Stevens. "Just something fun, something to occupy their time."

The Kings have been playing under a cloud for a month, resulting in coach Terry Murray's dismissal last week. Stevens is filling in as contract details are finalized with Darryl Sutter, who will take over as head coach later this week according to a league source.

It's an unusual situation — to say the least — but one the players seem to support.

"I think (GM) Dean (Lombardi) might have handled it right in not going behind Terry's back and try to look for a head coach," said forward Mike Richards.

"He's a smart guy, we trust his instincts and trust what he's doing with the team." **THE CANADIAN PRESS**



**"I think that everyone is so down emotionally that they're not focusing on their game and playing their best. Finally when we get over that hump, we should be fine."**

KINGS DEFENCEMAN DREW DOUGHTY



► Dustin Brown scores the winner for the Kings in the shootout on Monday night.

# Brown downs Leafs in the shootout

► Reimer makes 40 saves, but Toronto offence fails to get the job done

The Los Angeles Kings found a way to get past some of their struggles and left the reeling Toronto Maple Leafs in their wake. Dustin Brown scored the only goal of a shootout Monday as the Kings wrapped up a bizarre road trip with a 3-2 victory over the Maple Leafs.

It was an unjust result for Maple Leafs goalie James Reimer, who was splendid with 40 saves only to be let down by his teammates. The only pucks that got behind him in regulation were the result of bad bounces.

Justin Williams and Brown scored in regulation for Los Angeles (15-14-4).

John-Michael Liles and Matt Frattin replied for the Leafs (16-13-4), who have just two wins in the last

3	2
KINGS	LEAFS

nine games.

The Kings limped into Toronto having lost six of their last seven games, a stretch that saw coach Terry Murray lose his job.

But they finally had some good fortune shine on them early in the first period when Drew Doughty fired the puck into the offensive zone along the

glass, only to have it kick off a stanchion and directly out in front. Williams calmly collected it and beat Reimer high at 7:54.

It only took a few minutes before Toronto evened the score 1-1. Liles stepped off the point and met the puck as it bounced out from the boards, hammering a shot past Jonathan Quick's glove.

Reimer began to make his presence felt during a second period where his team was outshot 16-4. He kicked a leg out to deny Simon Gagne early on and was only beat after the Kings received their second good break of the evening.

The puck appeared to trickle outside the blue-line — even Doughty appeared to pull up while trying to corral it — but the lines-

man ruled it inside. Seconds later, it was in the back of the Leafs net after a tic-tac-toe passing play ended up on Brown's stick at 14:58.

That gave them a 2-1 lead heading into the third period, virtually a sure win for the team in the past.

However, Frattin tied it at 2:56 by batting the puck out of midair after a pass from Mikhail Grabovski on the rush. It was the fourth goal of the season for the rookie and set the stage for overtime.

The Kings managed to pull out a victory, setting the stage for the beginning of the Darryl Sutter era. He'll take over as coach from interim boss John Stephens before the Kings host Anaheim on Thursday night. **THE CANADIAN PRESS**

# 4

sports

Quoted



**"I'm feeling good. I feel like I'm where I want to be and obviously I'm trying to work and just keep improving every day."**

CANUCKS GOALTENDER ROBERTO LUONGO, WHO ALLOWED JUST EIGHT GOALS IN THE FOUR GAMES HE PLAYED ON HIS TEAM'S RECENT FIVE-GAME ROAD TRIP.



Scan code for more sports news.

# Habs' coach contretemps continues

► Canadiens owner issues statement amid controversy over new bench boss who can't speak French

The owner of the Montreal Canadiens was forced to issue a public statement Monday amid an explosive clash between hockey and language.

For weeks Quebec has been awash in reports of the perceived erosion of French-language rights, with constant news about companies failing to provide services or hire employees who speak the province's majority language.

Enter the Montreal Canadiens, perhaps Quebec's most cherished institution.

The team once known as the Flying Frenchmen now has almost no francophone players. And on

the weekend, it did something that triggered a firestorm of controversy in Quebec — it hired a coach who speaks zero French.

The hiring of Randy Cunneyworth was enough to prompt calls from nationalist fringe groups for a boycott of products related to the Habs. One political commentator even suggested local hockey journalists should refuse to address Cunneyworth in English.

And Quebec's entire political class predictably weighed in, with politicians of every stripe calling the move unacceptable.

Habs owner Geoff Molson responded with a statement, crafted so cau-



► Randy Cunneyworth

tiously it could have been penned by a political speechwriter.

In it, Molson performed a delicate two-step. First he explained why Cunneyworth was the right man

for the job, then in the next paragraph stressed how important French is to the organization.

Molson explained that Cunneyworth was hired because he is talented and

also, as the team's assistant coach, is in the best position to step in immediately and help the team win.

Cunneyworth was hired with a unique title — as in-

terim coach for the rest of the season.

"The action was taken to remedy the situation without further delay," Molson said. "Randy Cunneyworth is a qualified and experienced coach who has earned the respect of the players and everyone within the organization."

Molson pointed out that the position will be re-evaluated at the end of the season.

He said language will be a factor when, after the season, the team has to hire a permanent coach. He said finding a coach who can win is the main priority, but language ability will also count.

THE CANADIAN PRESS

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## ANNOUNCEMENTS

### Community Events

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**Street Connection** is holding their Annual Lottery Fundraiser @ Masonville Mall on Dec 22,23,24 and 26,27,28  
Street Connection is a Nonprofit Organization which helps "at risk" youth living on the street.  
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For more information call Kailey Anderson 519-694-8289 or visit our website [www.streetconnection.ca](http://www.streetconnection.ca)



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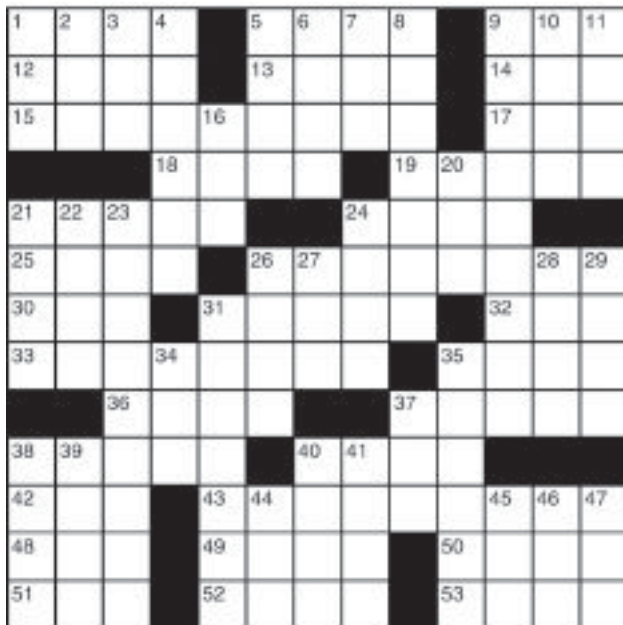
## Crossword

### Across

- 1 Grand tale  
5 Advantage  
9 Dine  
12 Isinglass  
13 Abound  
14 Paid athlete  
15 Dramatic public display  
17 Id counterpart  
18 Conversation  
19 Indy car, e.g.  
21 Fill the tank  
24 Neighbour of Java  
25 Tears  
26 T-bars, e.g.  
30 Citric beverage  
31 Beg  
32 A Gershwin brother  
33 Parts of Sunday's newspaper  
35 God (Lat.)  
36 Actress Skye  
37 Factions  
38 Greedy kid's demand  
40 Dalai —  
42 Praise in verse  
43 Theorize  
48 Coffee break hour  
49 Throat-clearing sound  
50 One  
51 Owns  
52 Toll road  
53 Maze option

### Down

- 1 Type measures  
2 Spot on a domino  
3 Lemieux milieu  
4 Desert plant  
5 Catchall abbr.



- 6 52 cards  
7 Hair goop  
8 Green stone  
9 Gave details  
10 Incite  
11 Indigent  
16 Spigot  
20 "The Greatest"  
21 Mardi —  
22 Staffer  
23 Samples  
24 Prejudice  
26 — gin fizz  
27 "Jeopardy!" leg-end Jennings  
28 Verifiable

- 29 Lip  
31 Conifer exudation  
34 Cruise or Selleck  
35 Broadband ancestor  
37 Dallas sch.  
38 Morbid style of rock music  
39 Concept  
40 Welsh emblem  
41 Pinnacle  
44 — Beta Kappa  
45 Literary collection  
46 — for tat  
47 Biblical verb ending

### ► Yesterday's answer



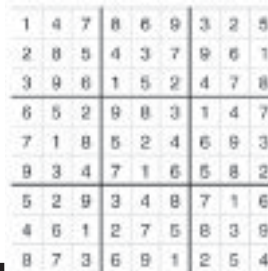
## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

*Prince Charming/Robbie Bear*  
Sorry, I'm not interested anymore. Thanks for sending the fake messages that I am not author of.

FROM THE DEVIL

*Not sure if you wrote me today*  
I'm not confident enough that it came from you. Because the last time I called you, you didn't even know who I was. I've never been so embarrassed. I want more than anything for you to tuck me in. If it's the devil, then know this, I'm so happy and I get happier every day. You can write all you want, but it will never make it better or change anything. I feel sorry for you. Dolphin

FROM I CAN'T COMMUNICATE LIKE THIS!

## Today's horoscope

**♈ Aries** March 21-April 20 Why stress yourself out when with the same amount of effort you can have a great deal of fun?

**♉ Taurus** April 21-May 21 You will be tempted to go to extremes in your personal life today.

**♊ Gemini** May 22-June 21 Put money worries behind you and do something that makes you feel good about yourself. If you feel the need to get away, just go.

**♋ Cancer** June 22-July 22 Promise yourself here and now that no matter what happens over the next few days you won't overreact.

**♌ Leo** July 23-Aug. 23 A few days from now you may look back and feel guilty about some of the things you said and did.

**♍ Virgo** Aug. 24-Sept. 22 You won't hesitate to help someone in need today.

**♎ Libra** Sept. 23-Oct. 23 Someone you meet while working or pursuing a creative interest will get your heart racing today.

**♏ Scorpio** Oct. 24-Nov. 22 You enjoy doing what others say can't be done, but don't get carried away and do something that leaves a black mark

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca) against your name.

**♐ Sagittarius** Nov. 23-Dec.

21 Do something different today, something no one would expect you to do.

**♑ Capricorn** Dec. 22-Jan. 20

You may want to impress someone who means a lot to you but don't go over the top.

**♒ Aquarius** Jan. 21-Feb. 18

You have nothing to worry about and everything to look forward to.

**♓ Pisces** Feb. 19-March 20.

Think with your head but feel with your heart. Listen to what your heart tells you today — and act on it. **● SALLY BROMPTON**

## Caption contest



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